

CHRONIC DISEASE CONNECTION

**IMPROVING MARYLAND'S HEALTH BY
PREVENTING AND CONTROLLING CHRONIC DISEASE**

Spotlight

WalkMD! Map



Is your jurisdiction walking?

Grant Opportunity

Culture of Health Prize

Due: November 3, 2017



News and Events

National DPP

Coach Training

September 6 and 7

[\(Hanover, MD\)](#)

November 7 and 8

[\(Frederick, MD\)](#)

[Walk Maryland Day](#)

October 4

Center Resources

[BeHealthyMaryland.org](#)

[Disability In Public Health](#)

[Diabetes Resources](#)

Lace Up Your Sneakers!

Walk Maryland Day is October 4

We'll be celebrating our state exercise with fun walks in every jurisdiction!

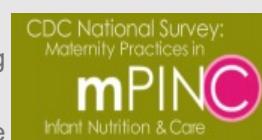
Walk Maryland Day is a call to action to promote awareness about walking for physical activity and improved health. The event is designed to engage Marylanders with fun walks of all sizes on October 4 (and the surrounding week). This year we've set a goal to have at least one walk in all 24 Maryland jurisdictions. Community and workplace walks have already been registered in Baltimore City, Cecil, Charles, Montgomery, and Anne Arundel Counties. Put your jurisdiction on the [map!](#) It's easy. [Get started here!](#) #WalkMD!



Celebrating the Five-Year Anniversary of Maryland's Hospital Breastfeeding Policy Recommendations

August is National Breastfeeding Month

Maryland birthing hospitals have made great strides toward improving breastfeeding support for new moms. In 2012, a committee of state partners led by the Maryland Department of Health developed the [Maryland Hospital Breastfeeding Policy Recommendations](#), which align with the Baby Friendly Ten Steps and emphasize breastfeeding best practices such as rooming-in. By 2015, Maryland's score on the maternity practices in infant nutrition and care (mPINC) survey was up 12 points to 82 (out of 100). In addition, Maryland's ranking climbed from 29th to 13th in the nation. View expert-led breastfeeding training modules for maternity staff and physicians at no-cost on the department's [website](#).



Listen: Podcast Calls Attention to the Many Faces of Disability

There are many different types of disabilities

[Healthiest Maryland Businesses](#)

[Million Hearts](#)

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and the impact on each person is different.

The Maryland Disability Health Inclusion Program, located in the Center for Chronic Disease Prevention and Control, works to increase the competency of public health professionals on disability-related issues. The program recently identified a new, 30-minute podcast that sheds light on the many faces of disability. It features stories from individuals with disabilities as well as insights from Dr. Shannon Griffin-Blake, Branch Chief of [CDC's Disability and Health Program](#). Tune into the podcast [here](#).



Diabetes Prevention Program Coach Training

*September 6 and 7 in Hanover, MD
November 7 and 8 in Frederick, MD*

The CDC National Diabetes Prevention Program (National DPP) is an evidence-based lifestyle change program for preventing type 2 diabetes. The Center for Chronic Disease Prevention and Control provides no-cost lifestyle coach training for Maryland CDC-recognized organizations. To participate, you must be affiliated with an organization that has applied for the Diabetes Prevention Recognition Program. Apply for the September 6 and 7, 2017 training in [Hanover, MD](#) or November 7 and 8, 2017 training in [Frederick, MD](#).

New Report on Diabetes in the U.S

More than 100 million adults are living with diabetes or prediabetes

CDC recently released the National Diabetes Statistics Report 2017, which includes information on diabetes prevalence and incidence, prediabetes, risk factors, complications and more. Data in the report show that while the growth rate of new diabetes diagnoses is slowing, the number remains incredibly large: more than 100 million U.S. adults have diabetes or prediabetes. The report also underscores significantly higher rates of diabetes in certain racial and ethnic groups. Read the [full report](#).

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